

# BASANT SAINI



Yoga Instructor

---

## CONTACT

☎ 6398270732

✉ basantsaini1673@gmail.com

📍 Kurdi, Manglour, Roorkee,  
Uttarakhand, India.

---

## SKILLS

Shatkarma

Therapeutic Yoga

Pranayama

Meditation

Panchkarma

Naturopathy

Accupressure

Advance Yoga

Basic Computer Knowledge

---

## EDUCATION

**M Sc in Yogic Science (2021-23),**

**B Sc in Yoga (2018-2021)**

**UNIVERSITY OF PATANJALI**

2018-2023

---

## LANGUAGES

HINDI

ENGLISH

Date:

Place:

---

## PROFILE

Seeking an opportunity , to use my theoretical combined with my practical knowledge for enhancing the field of learning along with facing new challenges that promote personal growth along with growth of my organization

---

## WORK EXPERIENCE

### YOGA ACHARYA

**PATANJALI WELLNESS, Haridwar** 2023-present

- Overseeing the commencement of Therapeutic YOGA Sessions for Patients that came here on their health journey .
- Had trained in Therapeutic yoga, Pancha karma , Naturopathy, Acupressure and Yagya Therapy

## AREAS OF INTEREST

- FUNDAMENTALS OF YOGA
- INDIAN PHILOSOPHY
- HATHA YOGIC TEXTS
- HUMAN ANATOMY AND PHYSIOLOGY
- ASTANGA AND VINYASA

## ACADEMIC ACHIEVEMENTS

- QUALIFIED IN NET JUNE 2024
- CLASS TOPPER IN M Sc YOGIC SCIENCES

## OTHER ACHIEVEMENTS

- PARTICIPATED IN YOGA COMPETITIONS AT INTER COLLEGE LEVEL AND WON MEDALS FOR MY UNIVERSITY